



# Shirley COA CENTER

Volume: 13

NEWSLETTER  
November 2021

Issue: 11

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## VESTA MOBILE PIZZA Truck

Wednesday, November 10th 11:30 am

FREE

*Wood Fired Pizza, Salad,  
and Dessert*

PLEASE RSVP



## THANKSGIVING DINNER

Wednesday, November 24th 11:30am

\$5

Turkey Dinner With all  
the fixings.

Prepared by the McGuiness  
Family  
PLEASE RSVP



*SUGAR MAPLE LEAF  
Amber, streaks of bronze,  
magenta: how can one leaf  
be so full of Fall?*

By Cyndi Furman 2021 ©

## Stitch & CHAT GROUP

Wednesday December 1st, 10 am.

Do you like to knit, Crotchet, Plarning?

We welcome all types of stitchers.

Join us for friendly chatter and some knitting.

To participate RSVP by calling or emailing  
[edinning@shirley-ma.gov](mailto:edinning@shirley-ma.gov) 978-425-1390

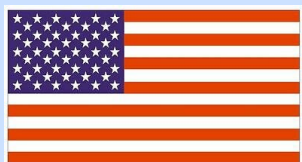
We may be able to help if you need supplies.





**PIZZA & MOVIE**  
**\$5**  
***SECRETARIAT***  
**Wednesday, November 3rd**

**Movie starts at 11 am.**  
**Pizza served at 11:30 am**



**Free**  
**Breakfast for**  
**Veterans**

**Monday, November 1st**  
**8:30-9:30 am**

**Eggs, sausage, French toast**  
**and more**

**Cooked and served by the**  
**Shirley Police Dept.**

***Sponsored by Shirley***  
***Charitable Foundation***

**Breakfast with Chip is Back!**

**Monday, November 8th**  
**8:30—9:30 am**

**\$5**  
**Choice of Scrambled Eggs,**  
**Westerns,**  
**or French toast.**

**Includes Ham, Home fries,**  
**Fresh fruit, and beverage**





**Wii Bowling**  
 Pre-Registration required.  
**Every Monday**  
**12:30 - 3 pm**  
 Call 978-425-1390  
 to reserve your lane.



**Every Wednesday at 1 pm.**

No registration required.  
 No maximum seating.

*Just come to have some fun.*

## **QiGong**

**Every Wednesday at 11am**  
**(outside weather permitting)**

**Strength, Flexibility, and Balance:**

**Every Thursday at 1 pm.**

Chairs are used for all levels of ability.

Instructed by Jeff Cote, the Occidental Taoist

## **Drop in Game Time**

*A Variety of board and card games available.*

**Bring your friends for a morning of fun**  
**Tuesdays at 9:00 am.**

**Bridge, Scrabble, Dominoes and more.**

## **Water Color Painting with Mike Devlin** ***Tuesdays at 1:00 pm***

**3 reasons watercoloring is more than just learning to paint.**

1. Watercolors teach us to slow down.
2. Watercolors encourage us to view the world differently.
3. Watercolors help us discover our creativity.

*Susan Chiang*

Please note that anyone wishing to attend must have their own paints and brushes. We will try to help with supplies for those in need or a beginner.



**FOOT CARE Clinic**  
Afternoon Appointments Only

By Appointment Only—978-425-1390  
**November 29th at the Center**  
\$40 Resident / \$60 non Resident

**FOOT CARE at HOME**  
\$60

Contact: Sarah Kinghorn BSN RN CFCN  
Call 617-417-2149

[www.footcarefocus.com](http://www.footcarefocus.com)

Provided by **FOOTCARE FOCUS**

Prices above include a \$20 discount for  
Shirley residents paid by Shirley Council  
on Aging.



Thanks to everyone who attended our  
Anniversary Party.

We hope you enjoyed the event and look forward to your  
next visit very soon.



**Conversations About  
Death and Grief.**

**Wednesday, November 10th at 11 am**  
**At the Senior Center**



**Starting in November**  
**Every 2nd Wednesday**  
**of the month at 11 am**

***“Handling Grief through the  
Holidays”***

It may be totally overwhelming to find  
yourself *grieving during the holiday* season.

For many people, this is the hardest part of  
*grieving*, when we miss our loved ones even  
more ... The need for support may be the  
greatest *during the holidays*.

*Holiday cheer* is in much of the air those  
days, but it's not a happy time .. So, when it  
comes to *coping with grief during the holi-  
days*, join us to learn:

~ Tips for managing *grief during the holidays*  
~ steps to helping *coping with grief* or  
overwhelming feelings of loss ~

***“Handling Grief through the Holidays”*** is a  
gathering to offer help and support for  
managing Grief and Holidays.

Walk- ins welcome.

For questions about this program please  
contact Lucia Camara, Bereavement and  
Spiritual Care Provider with Nashoba Nursing  
Services and Hospice. @508 -951 -3850.

November 2021

## Outreach at the Shirley Senior Center

Elisabeth Dinning—Outreach Assistant

Telephone: (978) 425-1390

Email: [edinning@shirley-ma.gov](mailto:edinning@shirley-ma.gov)



The Shirley Senior Center addresses the following Outreach topics and Social Services:  
Health Insurance, Caregiver Support, Home Health Services, Financial Assistance, Housing Alternatives,  
Meals on Wheels, Legal Aid, Fuel Assistance, SNAP (Food Stamps), and Transportation.  
Your needs and interest are not listed? Please let us know so we can take them into consideration.

Please call Outreach at the Council on Aging office: 978-425-1390

### Fuel Assistance Program

It's time to think about fuel. Do you have enough, can you afford it.?

The Fuel Assistance program LIHEAP runs from Nov. 1st to Apr. 30th  
Applications are being accepted now.  
If you have been on Fuel Assistance before, you should have already received a renewal application.

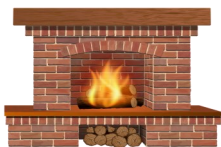
#### 2022 Income requirements:

Household Size of 1  
Income Limit \$ 40,951

Household Size of 2  
Income Limit \$ 53,551

To enroll contact the

New England Farm Workers' Council  
473 Main Street, 3rd Floor in Fitchburg, MA 01420  
Phone: (978) 342-4520



From the COVID-19 Corner  
Booster Shoots are available now.  
For more information visit the following websites:

<https://www.mass.gov/info-details>  
<https://vaxfinder.mass.gov>

You can also check with your primary care physician or contact your preferred pharmacy.

Or call the Shirley Senior Center at  
(978) 425-1390 if you need assistance.



#### DRIVE-THRU PANTRY SCHEDULE

Open 9:00am to 12:00pm on the following days:

October 1, 6, 8, 13, 16, 20, 22, 27, 29

November 3, 5, 10, 12, 17, 20, \*22, 24

December 1, 3, 8, 10, 15, 18, \*20, 22, 29

#### \*Special Events:

Thanksgiving Dinner Distribution

November 22 – 10am-1pm and 4pm-6pm

Holiday Dinner Distribution

December 20 – 10am-1pm and 4pm-6pm



Open Enrollment is from October 15th through December 7th.

for Medicare supplemental coverage.

Now is the time to think about whether you are satisfied with your plan or need to change.

Be sure to make an informed decision.

SHINE counselors can help. Call the Shirley Senior Center at 978-425-1390

Or go to <https://shinema.org/> for the latest information.

# NOVEMBER



Monday	Tuesday	Wednesday	Thursday
<b>Nov 1</b>	<b>2</b>	<b>3</b>	<b>4</b>
8:30am 9:30am Veteran's Breakfast	9:00am 11:00am Bridge	11:00am 1:00pm Pizza & Movie;	1:00pm 2:00pm Bal, Strength, & Flex
12:30pm 3:00pm Wii Bowling	9:00am 11:00am Dominos	11:00am 12:00pm Qi Gong	
	9:00am 11:00am Scrabble	1:00pm 3:00pm Bingo	
	1:00pm 3:00pm Watercolor Painting		
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
8:30am 9:30am Breakfast with Chip	9:00am 11:00am Bridge	11:00am 12:00pm Death & Grief	Veteran's Day - Closed
12:30pm 3:00pm Wii Bowling	9:00am 11:00am Dominos	11:00am 12:00pm Qi Gong	
	9:00am 11:00am Scrabble	11:30am 12:30pm VESTA MOBILE PIZZA	
	1:00pm 3:00pm Watercolor Painting	1:00pm 3:00pm Bingo	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
12:30pm 3:00pm Wii Bowling	9:00am 11:00am Bridge	11:00am 12:00pm Qi Gong	1:00pm 2:00pm Bal, Strength, & Flex
	9:00am 11:00am Dominos	1:00pm 3:00pm Bingo	
	9:00am 11:00am Scrabble		
	1:00pm 3:00pm Watercolor Painting		
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
12:30pm 3:00pm Wii Bowling	9:00am 11:00am Bridge	11:00am 12:00pm Qi Gong	Thanksgiving - Closed
	9:00am 11:00am Dominos	11:30am 1:00pm Thanksgiving Meal RSV	
	9:00am 11:00am Scrabble	1:00pm 3:00pm Bingo	
	1:00pm 3:00pm Watercolor Painting		
<b>29</b>	<b>30</b>	<b>Dec 1</b>	<b>2</b>
12:00pm 3:00pm Footcare Clinic RSVP	9:00am 11:00am Bridge	11:00am 1:00pm Pizza & Movie;	1:00pm 2:00pm Bal, Strength, & Flex
12:30pm 3:00pm Wii Bowling	9:00am 11:00am Dominos	11:00am 12:00pm Qi Gong	
	9:00am 11:00am Scrabble	1:00pm 3:00pm Bingo	
	1:00pm 3:00pm Watercolor Painting		

## Mission Statement of the Shirley Senior Center:

*“To serve the Seniors of Shirley with services that enhance their lives and provide for their needs.”*

### Senior Center Staff

COA Director: Marilyn Largey  
Outreach Coordinator: Elisabeth Dinning  
Dispatch and Admin Asst.: Michelle Oelfke  
Van Drivers: Doug Perry, Priscilla Tarbell & Bob Lindgren

### Council On Aging Board

Chair: Marie Elwyn  
Vice Chair: Susan Hartman  
Secretary: Christine Andersen  
Members: Janice Snow, Mary Wade, Helen Kramer, Dave Stoppelman

**Board Meetings are the 2<sup>nd</sup> Thursday of the Month at 11 am**



Shirley Council on Aging

### Transportation

**MART Van** is a wheel chair-accessible van for residents age 60 plus or disabled.

All rides are \$1 each way.

**48 business hour notice.**

**Medical Rides are prioritized**

**Van Hours: Mon - Thurs 8 am - 4 pm**

**Fri 8:00am - 11:30am**

#### **When the Van can't get you there.**

Non-Emergency Medical Transportation for Shirley residents age 60 or older.

**Non-wheel chair accessible only**

**One week notice**

In partnership with **Destination Express**, rides are provided to doctors and hospitals for medical appointments, including COVID

Vaccination. Riders must provide the name, address, date and time of the appointment. We will also need the

healthcare provider's name, phone number and estimated length of the appointment.

*This program is made possible by a grant from the Metropolitan Area Planning Council*

Call for reservations **978-425-1390**

Monday to Thursday from 8AM to 1PM. Or leave a message after hours.

### Volunteer Opportunities

*Volunteering your time and expertise is rewarding.* If you are searching for a volunteer opportunity please consider the Shirley Senior Center.

We welcome small groups for projects at the Center and in the Community.

Senior Tax Work Off Program— Residents on this program can credit hours working at the Center towards their RE taxes.

Our current list of needs

### Program coordinators

**Meals on Wheels drivers—Food Service Staff**

Office and phone support—Kitchen support

Newsletter Production— Social Media Marketing

Call us if you would like to volunteer. 978-425-1390.

Click below to access our volunteer application.

</council-aging/files/volunteer-application>

Follow what's happening at the Shirley Center for Active Living.

<https://www.shirley-ma.gov/council-aging>

Receive this Newsletter and important announcements from Town Government via email. Follow the link below to subscribe.

<https://www.shirley-ma.gov/subscribe>



Subscribe to E-Alerts

### VETERANS' ASSISTANCE

**Mike Detillion, Shirley Veterans' Officer**

**Call 978-425-2600 x280**

Mike is available to aid your efforts to enter into the VA Health Care or Pension System.

**Benefits:** All veterans, spouses and dependents are eligible for Chapter 115 and VA benefits with an honorable discharge. Benefits can include financial assistance, food assistance, shelter and burial assistance.

